

Indian economy continues to soar

STAFF REPORT

In recent years, India has undergone a paradigm shift in its economic landscape with fundamental changes taking place in economic and social relationships, between rural and urban, between agriculture and industry, and even within sectors.

From a state-led socialist-era rhetoric of redistribution and license-raj we are steadily transforming to semi-capitalist model that embraces neoliberal policies of economic regulation and globalization to spur growth and development. However, this shift in rhetoric has often not translated into effective implementation, and, as in the past, the lower economic strata of society continues to suffer the most. Nevertheless, the Indian economy remains one of the brighter pictures on the global stage.

Data from the World Bank shows that India became the sixth largest economy in 2017, narrowly nudging France to seventh position. Latest figures from global consultancy firm PwC also reiterate the country's steady growth, with India expected to surpass the United Kingdom to claim the title of the world's fifth largest economy rankings in 2019. The Global Economy Watch report by PwC projects the real GDP growth in 2019 will be around 1.6 percent for the UK, 1.7 percent for France and 7.6 percent for India. In 2017, the GDP of France stood at \$2.58 trillion, that of India's was 2.59 trillion and the UK economy had a GDP of \$2.62 billion. This ranking could see a change in 2018 and through 2019, Encumbered by Brexit blues, the UK could find itself relegated to seventh position in global ranking this year by France, especially

it occupied in 2014. In recognizing that India was one of the top improvers in 2018, the World Bank especially lauded the country's six reforms introduced last year: in starting a business, getting electricity, dealing with construction permits, getting credit, paying taxes, and trading across borders.

In reforms to obtaining construction permits, the country introduced an online single-window scheme, launched deemed approvals, and reduced the cost in getting the permits, thereby permitting the country to jump in the World Bank index for this sector from its earlier 129th spot to 52nd.

To inspire more rapid change, India is now applying the World Bank's country criteria to its own states and ranks them, in order to promote interstate competition. In early 2018, the government also decided to raise the Foreign Direct Investment (FDI) to 100 percent in various sectors and activities under the automatic route, and necessitating government approval for only a few select sectors. The country is also aiming to bring manufacturing's share of the GDP from its 15 percent to 25 percent, with the 'Make in India' scheme.

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given the strength of the euro. However, India obviously has some more climbing to challenge current fourth place holder Germany with a GDP in 2017 of 3.67 trillion or Japan in third position with a GDP of \$4.87 trillion. The climb to the pole position would require India to surpass the \$12.23 trillion economy of China and overtake the \$19.39 trillion GDP of the United States to make to take on fourth position.

The PwC report noted that India, which is the fastest growing large economy in the world, has an enormous population, favorable demographics and high catch-up potential due to low initial GDP per head. India should return to a healthy growth rate in 2019-20, provided there are no major headwinds in the global economy such as from renewed trade tensions or a jump in oil prices.

The Indian growth story, fueled in large measure by domestic consumption and investment, is expected to be further bolstered by the realization of efficiency gains from the recently adopted Goods and Services Tax (GST), bank refinancing and other measures, as well as the expected first-year momentum by whoever forms the government after the General Election in May.

Despite being home to the largest number of people living below the International Poverty line, poor infrastructure and daunting red-tape, India's firm economic growth and enormous demographic scale, has made the country an attractive destination for international investment. Also, with two-thirds of the 1.3 billion population below the age of 35, the country is one of the largest consumer markets in the world and has made it a venue of choice for multinationals. This Has made India the destination of choice for discerning multinationals.

In a boost to the government, India jumped 23 points in the World Bank's Ease of Doing Business index in 2018 to rank 77th globally. In the last two years, India has risen 53 notches in global rankings and come a long way from the dismal 142nd position

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India shines with

Solar



The Paris Agreement on Climate Change that nations around the world signed in 2015 under the aegis of the United Nations has set the goal of remaining below a 2°C warming threshold. To attain this objective, Greenhouse Gas (GHG) emissions will need to peak in the coming years and be reduced to zero by 2050.

China, India and the United States play a key role in achieving this target, as together they emit over 50 percent of the global CO2 emissions and accordingly are by far the largest markets where renewable energy production needs to be accelerated. With the US backtracking from its commitments to the Paris Agreement, it is now even more important that the remaining two largest CO2 emitters, China and India, do more than their share in order for the world to achieve its climate target. India is already leading the developing countries as they emerge as the major

driver of the world's gradual but steady transition to renewable energy.

Major increase in investments and projects for renewable energy installations have propelled the Indian renewable energy auction market into the world's largest market for new renewable energy generation projects. Over 11 Gigawatt (GW) of projects were awarded through auctions

in 2017 resulting in the best year for solar capacity as installations jumped by 90 percent from a year earlier. Meanwhile, the country is also the second-largest destination, after Chile, when it came to attracting investments in renewable energy. A total of over US\$9 billion flowed into the renewable sector in 2017.

Also, for the first time, in 2017 renewable energy installations in India exceeded those by polluting coal power plants, which currently form the largest chunk of Indian energy production. Of the total 346GW generated in 2018, coal accounted for over 60 percent, while 71GW came from renewable energy excluding large hydropower projects. As the government's ambitious plans to install 175 GW of renewables by 2022 gathers pace, coal's share in energy is slowly being reduced. The authorities have cut the coal capacity target for 2027 by 11GW.

While 2017 was a record year for investments in clean energy, the year gone by is set to challenge that with total investments in renewables crossing \$7 billion in just the first six months of 2018. India's renewable energy auction capacity also increased by 68 percent from the figure a year earlier. The majority of investments were in solar power projects, a market which witnessed a doubling in size in 2017 with annual Photovoltaic (PV) installations of almost 9.4GW.

After dipping in the second half of 2018, government tenders picked up again in December, when India's ministry of new and renewable energy announced plans to issue tenders for 60 GW by March 2020. Apart from large-scale projects, installation of domestic rooftop solar panels also continues to rise. One reason why Indian households have not yet warmed to rooftop solar panels is their high cost of purchase. But commercial and industrial buildings, which are supplied grid electricity at significantly higher rates than residential users, are increasingly finding it economical to switch over to solar panels.

However, India's renewable energy market is not without its own set of challenges. Sharp duties on imported solar panels, in a bid to encourage local production, have led to decline in new solar capacity additions in 2018. Of the 175GW target for 2022, 100 GW of renewable energy was slated to come from solar power, but analysts have warned that the way things are going, this goal is looking extremely unlikely.

In addition to hampering the development of solar installations in the country, local production, which is currently incapable of meeting existing demand, has also denied potential PV users of benefitting from the fall in price of PV panels on the international market.

Some of the largest solar power projects in the world are currently in India with the country

accounting for three of the top five spots at the end of 2018.

Noor Power Complex in Morocco: Located in the Sahara Desert, this complex is the world's largest concentrated solar power (CSP) plant. The first phase of the three-phase project completed in 2016 began producing 160MW of the planned total capacity of 580MW and reduced the country's carbon emissions by hundreds of thousands of tonnes annually. When fully commissioned in 2020, the complex is set to provide electricity to nearly a million homes.

Kamuthi Solar Power Plant in Tamil Nadu: Located in the southern state of Tamil Nadu and spanning 10 square kilometers, this solar plant has a total power generating capacity of 648MW. When commissioned in 2016, it was touted as the largest solar power plant in a single location and produced enough electricity to power over 150,000 homes.



Longyangxia Dam Solar Park in China: Spread over 25 square kilometers and an installed capacity of 850MW this plant was the world's largest solar power generator in February of 2017. The power plant generates around 220GW of electricity per year, enough to power over 200,000 households.

Kurnool Ultra Mega Solar Park in Andhra Pradesh: With an installed capacity of 1,000 MW, this solar park takes the second spot globally. Spread across 23 square kilometers, this solar park had within five months of becoming operational in May 2017 generated over 800 million units of energy and saved over 700,000 tonnes of CO2 emissions.

Shakti Sthala in Karnataka: Holder of the current title for largest solar project in the world, this solar park with a total capacity of 2,000MW easily outstrips the nearest competitor, also from India, by a cool 1,000MW. Spanning an area of 521.5 square kilometers and spread across five villages the project when completed will provide enough electricity to power over 700,000 households. Other mega solar power projects in India include the Pavagada Solar Park in Karnataka, the Bhadla Solar Park in Rajasthan, the Charanka Solar Park in Gujarat and the Sakri Solar Plant in Maharashtra.

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Indian breakthroughs in Science and Medicine



Vertebral disc from silk polymer

The year 2018 ended with spectacular successes notched by Indian scientists and technologists in space and defense sectors, but those sectors were not the only ones where Indian scientists marked significant accomplishments in the year gone by. From nanotechnology to agriculture, Indian scientists were at the forefront of ground-breaking scientific developments, new techniques and

promising technologies. Here is a look at some of important achievements made recently by Indian scientists in fields other than defense and space sectors.



World's thinnest material: Pushing the envelope in nanotechnology, researchers at the Indian Institute of Technology Gandhinagar have developed a material that is 100,000 times thinner than a sheet of paper. They synthesized a two-dimensional material of just one-nanometer thickness (a human hair is about 80,000 nanometers wide) using Magnesium diboride — a compound of boron. This is said to be the world's thinnest material and has the potential to find usage in range of applications — from next-generation batteries to ultraviolet absorbing films.

Gel that protects farmers from toxic pesticides: Most farmers do not wear any protective gear while spraying chemicals in fields, which often leads to pesticide exposure and toxicity. Scientists at the Institute for Stem

Cell Biology and Regenerative Medicine in Bangalore have developed a protective gel — poly-Oxime — that can be applied on the skin and can break down toxic chemicals into safe substances, preventing them from seeping into the skin and organs like brain and lungs. The research group also plans to develop a mask that can deactivate pesticides.



Transgenic rice, mustard: To address the problem of arsenic accumulation in rice grains, researchers at Lucknow-based CSIR-National Botanical Research Institute developed transgenic rice by inserting a novel fungal gene, which results in reduced arsenic accumulation in rice grain. They cloned Arsenic methyltransferase (WaarsM) gene from a soil fungus and inserted it into rice genome. In another study, TERI School of Advanced Studies has developed an early flowering transgenic variety of mustard.

Gene editing of banana genome: Using the gene editing technique — CRISPR/Cas9



— researchers at the National Agri-Food Biotechnology Institute in Mohali have edited the banana genome. This is the first such work in any fruit crop in India. Banana is the fourth most important food crop after wheat, rice and corn in terms of gross value of production. Gene editing could be used to improve the nutritional quality of bananas and its agronomically important traits, including pathogen resistance.

Vertebral disc from silk polymer: Scientists at Indian Institute of Technology, Guwahati developed a silk-based bioartificial disc that could find use in disc replacement therapy in future. The group has developed a fabrication procedure for a silk-based bioartificial disc adopting a 'directional freezing technique'. The disc mimics internal intricacy of a human disc and its mechanical properties too are similar to those of the native ones. The use of a silk biopolymer to fabricate a biocompatible disc can reduce the cost of artificial discs in future.

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Culture defining handicrafts

Handicrafts are often a reflection of the culture and traditions of a country. Passed down through the centuries and perfected over generations of artisans and craftspeople, handicrafts contribute to a country's cultural heritage. Here is a look at a selection of superb handicrafts from across India that reveal the dexterity of craftspeople, both from ancient times and today.



Sitalpati Mats, Goalpara, Assam: Once synonymous with Assamese summers, these mats are made from murta reeds that grow in the marshes around the state. These are dried and stripped, then bound together by hand-weaving. Once the artisans finish weaving the mats they are sometimes dyed using natural pigment extracts while others are hand-painted with traditional designs. Sitalpati stays cool even in toasty weather, and hence the cottage craft's popularity in eastern India. But deforestation and loss of wetlands in the state means that the raw material used to make the mats is often hard to come by.

Modeled using a wooden cast, bidri is made from an alloy of zinc and copper. After hand-filing and smoothing the cast alloy, the product is dipped in a copper sulphate solution to blacken it and then artists carve intricate patterns on it. With a chisel and hammer, silver wire is then inlaid in the grooves. Many hours of polishing and smoothing later, the piece is dipped in a solution of water and sand taken specifically from a dark, little-exposed corner of the 15th-century Bidar Fort, before the product is finally dipped in ammonium chloride that blackens everything but the silver inlay, giving bidri its unique look.



Phad Painting, Shahpura, Rajasthan: Long before the printing press was invented and people still relied on oral traditions to pass down their collective history, there was Phad painting. After listening to priests in temples singing legends of Hindu gods, artists in ancient Shahpura came upon the idea of drawing the stories on a long scroll in a sequential manner, and that is how phad, which means to read a mythological story through pictures, came to be. Back in those days, epics such as the Ramayana and Hanuman Chalisa and deities such as Pabuji, Devnarayan and Ram Dala with the accompanying prayers were painted on 5x30ft khadi tapestries that told the whole story.



Chamba Rumal, Chamba, Himachal Pradesh: The Chamba Rumal gets its name from Chamba, a hill-station in Himachal Pradesh, where the craft has been practiced for centuries. The earliest records of the region dates back to 2nd century BC, making it one of the most ancient crafts in the state. The region is known for its history, architecture and landscapes but the local community is also known for its arts and crafts, in particular the miniature Pahari paintings.

The Pahari school of art has received royal patronage since the 17th century when it is believed to have originated in the region. Though miniature Pahari paintings are most commonly recognized, the term encompasses a variety of forms from murals to paintings. The impeccable needlework on the Chamba Rumals too is derived from this art movement, combining miniature art with embroidery.

Chamba Rumals are typically made in square or rectangular fabric of varying sizes. The base art, characterized by intricate lines, is traditionally drawn by artists with expertise in miniature painting. Once the art is complete, the embroidery, usually undertaken by women, is meticulously executed on the fabric.

The earliest example of the embroidery incidentally can be found in Punjab — Bebe Nanki, sister of the Sikh spiritual leader Guru Nanak, reportedly embroidered one in the 16th century and the item was preserved in the state's Hoshiarpur shrine. Another handkerchief made its way to Britain in 1883 when Raja Gopal Singh presented a Chamba Rumal to the British, embroidered with a scene from the Mahabharata, which was later added to the collection of London's Victoria & Albert museum.

In the 17th century, the Chamba Rumal embroidery was done by the queens and royal ladies of Chamba for wedding dowries, important gifts and ceremonial coverings.



Rogan, Nirona, Gujarat: A 300-year-old tradition that once flourished in Gujarat's Kutch region, 'oil-based' or 'Rogan' in Persian, painting uses the thick residue formed when castor oil is heated and cast into cold water. After it is mixed with natural colors, the residue is drawn out into a fine 'thread' with a wooden stick and then applied to cloth. Lack of awareness took the craft to the brink of extinction as entire villages that practiced it switched to other trades. Recently, it has been experiencing a boom with efforts being made to preserve the art form. Rogan motifs, which once graced mainly ghaagra-choli, bridal trousseaus, bed sheets and tablecloths, now adorn more contemporary items.

Bidri Artwork, Bidar, Karnataka: It is an ancient art dating back to the 1400s, bidriware designs typically borrow heavily from Islamic art and Mughal-era motifs, with solid geometric lines interspersed with depictions of flowers and vines.

REPUBLIC DAY OF INDIA
26th January

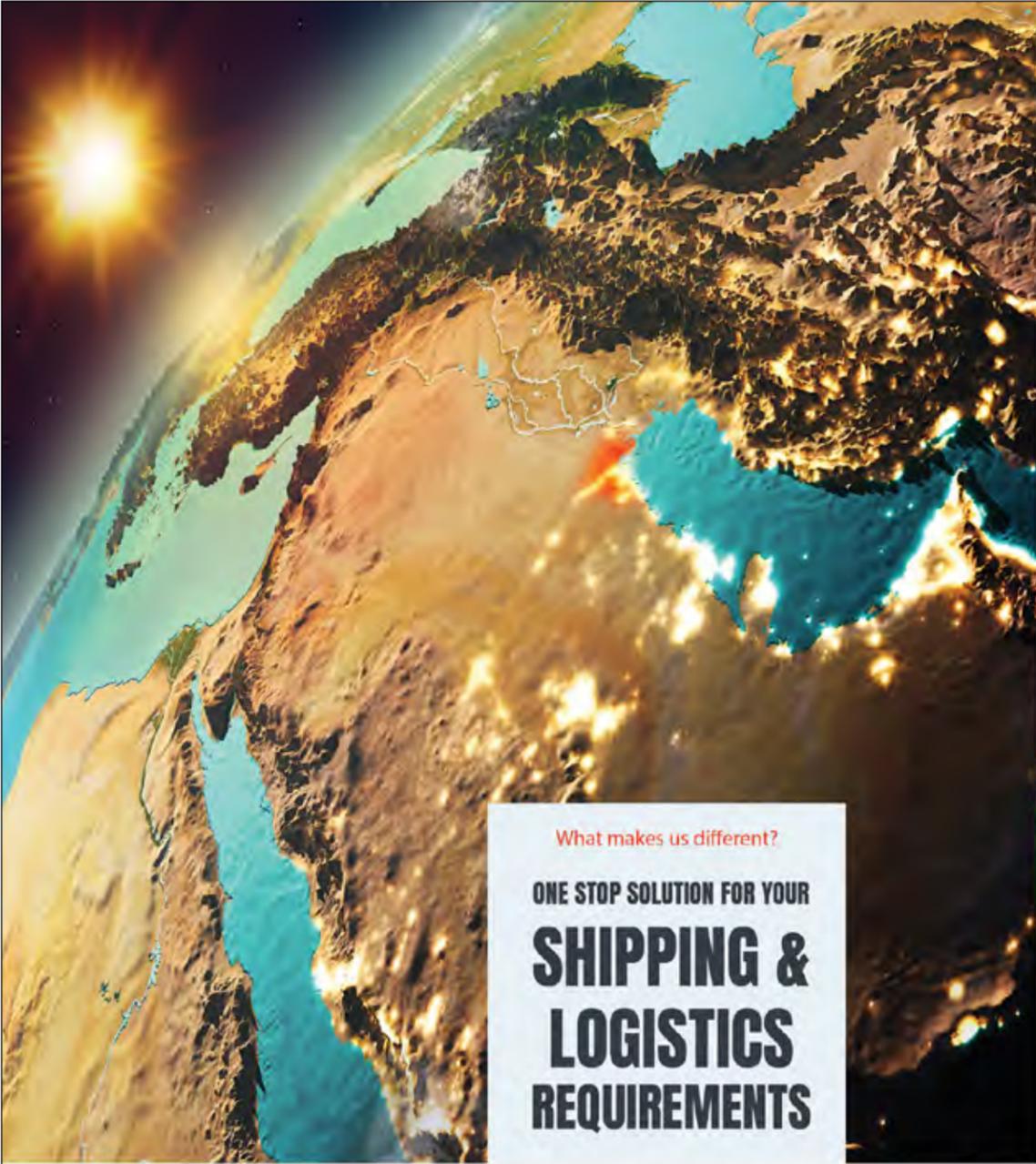
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The great Indian 'kari', which stems from the word for sauce in Tamil, is known to have originated sometime in ancient South India. Since then it has travelled beyond boundaries and created many fans across the globe. A curry is the ultimate crowd pleaser and on this Republic Day, here are the recipes for the best curries.

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Mughlai Karahi Gosht



Ingredients

- 1 kg leg of lamb on the bone, cut to bite-sized pieces
- 5 garlic cloves, roughly chopped
- 3.5cm piece ginger, roughly chopped
- 4 tbsp vegetable oil
- 500g tomato, thinly sliced
- 200g onions, thinly sliced
- 1 heaped tsp kashmiri chilli powder (or mild paprika)
- Salt to taste
- 2 tbsp Greek yogurt
- 2 tsp coriander powder
- Pinch turmeric powder
- 1 tsp cumin seeds, coarsely crushed
- ½ tsp black pepper, coarsely crushed
- Pinch garam masala powder
- 2 green chillies, slit lengthwise (optional)
- 1 tbsp chopped coriander leaves
- 1 tbsp chopped mint leaves
- ginger slivers for garnish

Directions: Place the lamb in a mixing bowl. Crush the garlic and ginger to a coarse paste and add to the lamb. Stir well and set aside for an hour or overnight if you have time.

In a large heavy-bottomed saucepan or kadhai heat the oil on a medium heat. Add the marinated lamb chunks and fry for 5-6 minutes stirring well to seal.

Add the sliced tomatoes and cook for a further 8 minutes. The tomatoes will begin to break down and soften. Add the onions and chilli powder and stir well cooking for a further 3 minutes. Season to taste. Now lower the heat and simmer with the lid on for 30 minutes stirring half way through the cooking process.

Add the Greek yogurt to a small bowl and mix in the ground spices: coriander, turmeric, cumin and black pepper. Add this to the karahi gosht and stir well, making sure the yogurt does not split.

Continue simmering on a low heat and with the lid half over the pan, cook the lamb for 45-50 minutes, stirring half way through cooking, making sure it doesn't stick to the bottom of the pan. Turn the heat off and while it's still warm add the garam masala, chillies if using, coriander, mint and ginger slivers.

Butter chicken



Ingredients

For the chicken

- 2.5cm piece ginger, peeled
- 4 cloves garlic, peeled
- 1 green chilli, destalked
- 2 tbsp thick natural yogurt or Greek yogurt
- 2 tsp chickpea flour (gram flour)
- 1 tsp mild paprika
- ½ tsp chilli powder (or a little more if you'd like it spicy)
- ½ tsp garam masala powder
- 1 tsp coriander powder

- Pinch cinnamon powder
- Pinch saffron, crushed
- Salt to taste
- 450g skinless boneless chicken thighs, cut into bite-sized pieces
- Melted butter for basting
- 1 tsp chaat masala
- Juice of ½ a lemon
- Salad and chutney to serve

For the sauce

- 1½ tbsp unsalted butter
- 6 green cardamom pods, lightly crushed
- 2.5cm piece cinnamon
- 4 cloves
- 1 onion, finely chopped
- 1 heaped tbsp grated ginger (made from an 8cm piece of fresh ginger)
- 2 green chillies, slit lengthwise
- 1 tsp kashmiri chilli powder (or mild paprika)
- ½ tsp garam masala powder
- 3 tbsp tomato puree
- 150ml double cream
- 2 tbsp honey
- 1 tbsp dried Kasoori methi (dried fenugreek leaf)
- 50ml water
- Salt to taste
- Chopped coriander for garnish

Directions

First prepare the tandoori chicken. Place the ginger, garlic and green chilli in a wet grinder and blend to a smooth paste.

Mix the yogurt with the gram flour in a bowl to get rid of any lumps, until you have a thick paste.

Add the ginger, garlic and chilli paste, the paprika, chilli powder, garam masala and coriander powder. Also mix in the ground cinnamon, saffron and salt.

Stir well and tip in the chicken pieces and mix well, making sure to coat them in the thick marinade. Leave to marinate for a few hours or even overnight if you prefer.

Soak wooden skewers in water. Preheat the grill to medium. Shake off the excess marinade and thread the chicken pieces onto the skewers and place them on a wire rack.

Cook under the grill for 15-20 minutes. Turn the skewers every 5 minutes and baste with melted butter until the chicken juices run clear and the pieces are cooked through and slightly charred around the edges.

To prepare the sauce, place a deep saucepan over a low heat and add the butter. When hot, add cardamom pods, cinnamon and cloves. Fry for 20 seconds, then add the onions and sauté for 5-7 minutes over a medium heat until they take on a light brown colour.

Add the grated ginger and birds eye chillies. Fry for a further minute, add the chilli powder and garam masala, stir for 20 seconds and add the tomato puree. Mix well and cook for a couple of minutes.

Now gradually add the double cream, stirring continuously to mix it with all the spices. Simmer and cook for 2 minutes.

Stir in the honey and the fenugreek. Season to taste. Add the water as well.

Add the cooked chicken pieces and simmer the curry on a low heat for 6-8 minutes.

Garnish with coriander and serve with naan bread.

Goan prawn curry with coconut, chilli and coriander



Ingredients

- 400g raw king prawns, deveined, with tails on
- ½ tsp turmeric powder
- 1 tbsp Goan vinegar or malt vinegar
- Pinch of salt
- 1 tbsp vegetable oil
- 90g onion, finely chopped
- 80g tomato, finely chopped
- 3 cloves garlic, pounded to a paste
- 2.5cm piece of fresh root ginger, pounded to a paste
- 400ml coconut milk
- 80ml water
- 1 tbsp tamarind paste
- 3 green chillies, slit lengthwise
- Pinch of sugar
- Salt to taste
- 1 tbsp chopped coriander leaves, to garnish

For the powdered spices

- 1 tsp cumin seeds
- 15-18 black peppercorns
- 1 tbsp coriander seeds

Direction

In a bowl add the prawns and sprinkle over the turmeric powder, vinegar and salt. Mix and set aside for 15-20 minutes while you get the curry ready. In a coffee grinder tip in the cumin seeds, peppercorns and coriander seeds. Blitz to a fine powder and set aside.

Heat the oil in a heavy-based saucepan over a medium heat and add the onions and fry for 5-7 minutes until they start to change colour to a light brown. Add the chopped tomato and fry for 5 minutes. As they begin to soften add the garlic and ginger paste and fry for a further minute. Now add the powdered spices and mix it all together.

Fry for 2 minutes and add the marinated prawns. Stir, coating them in the spiced sauce for a 20-30 seconds, then add the coconut milk, water and tamarind paste. Cover and simmer gently for no more than 4-5 minutes until the prawns turn pink. Add the green chillies and sugar.

Garnish with coriander leaves and check seasoning. Serve with lime and coriander rice.

- 50g (1¾oz) coriander leaves
- 50g (1¾oz) coriander stalks
- 5 cloves garlic
- 2.5cm (1in) piece root ginger
- 1 green birds-eye chilli
- 2 spring onions, roughly chopped

Directions

Place the fish steaks on a plate and sprinkle over a pinch of salt and the turmeric powder. Rub this in to the fish well and set aside while you make the paste.

Mix all the ingredients for the paste in a mini food processor and add 50ml (2fl oz) water to form a smooth paste.

Heat the oil in a saucepan and add the 10 whole curry leaves. When they begin to splutter add the paste and fry on a low flame for three to four minutes. Stir well and pour in the coconut milk, tamarind paste and 150ml (5fl oz) water. Stir again and simmer for five minutes. Season to taste and add the sugar. Now add the fish steaks and, with the heat still on a low heat, cook the fish with the lid on for three to four minutes until just done. Halfway through the cooking process just lift the pan and swirl it gently to mix - don't stir.

Garnish with chopped coriander and the remaining curry leaves. Turn the heat off and leave the curry to rest for 15 to 20 minutes. Serve warm with steamed rice.

Aubergine and red lentil curry



Ingredients

- 6 baby (or 2 large) aubergine
- 2 cloves garlic
- 1 onion
- 1 green chilli
- 6 tomatoes
- 1 tsp tomato purée
- 250g fresh spinach
- 1 inch piece ginger
- 1 tsp yellow mustard seeds
- 2 tsp garam masala
- 100g red lentils
- 300ml stock (chicken or vegetable)
- 400g tin coconut milk
- Handful fresh coriander to serve

Directions

Slice the aubergine into wedges, discarding the green tops. Heat a couple of tablespoons of olive oil in a large frying pan and brown the aubergines in batches on both sides. Remove from the pan and keep to one side.

Halve and slice the onion and add to the frying pan with a little more olive oil. Cook for five minutes before adding the finely chopped chilli, garlic and ginger. Fry for another five minutes until the onion is softened. Add mustard seeds, garam masala and tomato purée, stirring over the heat until the mustard seeds begin to make a popping sound.

Roughly chop the tomatoes and add to the onion mixture along with the red lentils and 300ml stock. Add a pinch of salt and bring to a gentle simmer. Cook for 10 minutes, stirring occasionally to stop the vegetables sticking and adding a little more stock if the curry looks too dry.

Meanwhile wilt the spinach in a large pan and drain in a sieve or colander, squeezing out as much liquid from the leaves as you can.

After the 10 minutes are up, pour the coconut milk into the curry, stir well and then add the cooked aubergines to the pan along with the drained spinach. Bring back to a gentle simmer and leave to bubble for 2-3 minutes until the curry is piping hot.

Serve scattered with fresh coriander.

South Indian Egg Curry

Ingredients

For the raita

- 200ml (7fl oz) full-fat yogurt
- 100ml (3½fl oz) crème fraîche
- 2 tsp thick, black Indian tamarind paste
- 30g (1oz) fresh ginger, peeled and finely grated
- Zest of 1 lime
- 1 small pinch finely ground cloves

For the curry

- 1 tsp cumin seeds
- 3 cloves
- 1 tsp black peppercorns
- Seeds from 2 green cardamom pods
- 1 tsp fennel seeds
- ½ tsp finely ground mace
- 1 tsp powdered turmeric
- 1 tsp chilli flakes
- ½ tsp finely ground cassia
- 1 handful flaked almonds
- 6 eggs
- 60g (2¼oz) unsalted butter, ghee or sunflower oil
- 300g (10½oz) onions, diced
- 3 fat garlic cloves, crushed
- 20g (¾oz) fresh ginger, grated
- 400g (14oz) tin chopped tomatoes
- 400ml (14fl oz) coconut milk
- 1 handful coriander, leaves only

Directions

Mix the raita ingredients in a small bowl and put in the fridge.

Finely grind the first five spices with a mortar and pestle, then add the mace, turmeric, chilli flakes and



cassia, and mix well. Dry-fry the almonds lightly over a medium heat. Set aside.

Put the eggs in a pan of cold water, bring to the boil and simmer very gently for four minutes. Drain and refresh under cold running water for three minutes or so, then peel. Set aside on kitchen paper.

Put a large heavy-based pan or flame-proof casserole over a medium heat, add the butter and heat for a moment. Add the onions and cook for a couple of minutes, then add the garlic and ginger, stir and cook until the onions are soft. Add the spice mix and 1 tsp salt, stir, then add the tomatoes. Simmer gently for a minute or so.

Add the coconut milk, turn up the heat and bring to the boil. Allow to bubble gently for a minute before lowering the heat and simmering, uncovered, until the sauce has the consistency of double cream and coats the back of your stirring spoon with a glossy covering - 10 to 15 minutes.

Turn off the heat. Halve the eggs, put them on to warmed dinner plates, spoon over lashings of the sauce, then sprinkle with the coriander and toasted almonds. Serve immediately with a dollop of the raita on the side.

Hirwa Fish Kalwan



Ingredients

- 800g (1lb 12oz) firm white fish steaks with the centre bone intact (cod would be ideal)
- ½ tsp turmeric powder
- 3 tbsp vegetable oil
- 10 curry leaves, plus 5, roughly torn, to garnish
- 400ml (14fl oz) coconut milk
- 2 tsp tamarind paste
- 1 red chilli, halved lengthwise
- 1 tsp sugar
- 1 tbsp chopped coriander, to garnish

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India third-largest consumer market



Consumer spending in India, which is projected to grow from the current US\$1.5 trillion to \$6 trillion by 2030, will see the country becoming the world's third-largest consumer market, only behind the United States and China, says a new report by the World Economic Forum (WEF).

The report noted that with an annual GDP growth of 7.5 percent, India was in 2018 the world's sixth largest economy and is poised to become the fifth this year. By 2030, domestic private consumption, which currently accounts for 60 percent of the country's GDP, is expected to develop into a \$6-trillion growth opportunity, said the WEF.

"If realized, this would make India's consumer market the third-largest in the world, behind the US and China," the report said. Commenting on the report, Zara Ingilizian, Head of Consumer Industries and Member of Executive Committee, World Economic Forum, said "as India continues its path as one of the world's most dynamic consumption environments, private and

public-sector leaders will have to take shared accountability to ensure such consumption is inclusive and responsible.

Notwithstanding the significant growth in consumption, critical societal challenges will need to be addressed, including skills development and employment of the future workforce, socio-economic inclusion of rural India, and creating a healthy and sustainable future for its citizens.

The report titled 'Future of Consumption in Fast-Growth Consumer Market India' noted that growth of the middle class will lift nearly 25 million households out of poverty. This growth in income will transform India from a 'bottom of the pyramid economy' to a middle class-led one.

Future consumption growth will mainly come from rich and densely populated cities and the thousands of developed rural towns. "India's top 40 cities alone will form a \$1.5 trillion opportunity by 2030, many thousands of small urban towns will also drive an equally large spend in aggregate. In parallel, there will be an opportunity to unlock nearly \$1.2 trillion of spend in developed rural areas by improving infrastructure and providing access to organized and online retail," WEF noted.

The report produced in collaboration with Bain & Company builds on consumer surveys conducted across 5,100 households in 30 cities and towns in India, and draws from more than 40 interviews with private and public-sector leaders.

Indian breakthroughs in Science and Medicine

...CONTINUED FROM PAGE 3

Tackling Zika, dengue, JE and chikungunya:

The National Brain Research Centre (NBRC) at Manesar has figured out cellular and molecular mechanisms that show how the Zika virus causes microcephaly or small head size in babies. Researchers discovered that the protein envelop of Zika virus affects proliferation rates of human neural stem cells and promotes premature but faulty neuron formation. Another study, led by scientists at the Regional Centre for Biotechnology in Faridabad, has identified a key protein which helps prevent the replication of dengue as well as Japanese Encephalitis (JE) viruses inside human body, by inhibiting anti-viral cytokines. The finding could pave the way for the development of targeted drugs for dengue and JE. For detecting Chikungunya, a group of researchers from Amity University in Noida, Jamia Millia Islamia University in Delhi and Maharishi Dayanand University in Rohtak, have developed a biosensor using molybdenum disulphide nanosheets.

Faster diagnostic tests for tuberculosis:

Scientists at the Translational Health Science and Technology Institute in Faridabad and All India Institute of Medical Sciences in New Delhi have jointly developed highly sensitive and rapid tests for detection of tuberculosis infection in lungs and surrounding membranes. Unlike current tests that use antibodies for detection of bacterial proteins in sputum samples, new tests use Aptamer Linked Immobilized Sorbent Assay (ALISA) and Electrochemical Sensor (ECS) for detection of a bacterial protein in the sputum.

Tool for early autism screening: In many cases, autism is misdiagnosed as mental retardation and attention deficit hyperactivity disorder. Early identification and interventions may help children

with autistic disorders. To help this process, scientists at the Government Medical College and Hospital in Chandigarh, have developed an Indian tool for screening children for autism. The Chandigarh Autism Screening Instrument (CASI) is designed to help community health workers to carry out initial screening for autism.

Real-time landslide warning system: A real-time landslide warning system has been set up in the Sikkim-Darjeeling belt of the north-eastern Himalayas which is highly vulnerable to landslides. The warning system consists of over 200 sensors that can measure geophysical and hydrological parameters like rainfall, pore pressure and seismic activities. The system is capable of warning about 24 hours in advance. It has been deployed by researchers of Kerala-based Amrita University and Sikkim State Disaster Management Authority.



Green technique to address Plaster of Paris pollution:

A team of scientists at Pune-based National Chemical Laboratory (CSIR-NCL) has developed a technique that helps recycle Plaster of Paris (PoP) waste from hospitals in an eco-friendly and economical way. The new technique disinfects waste and converts it into useful products like ammonium sulphate and calcium bicarbonate. The technique can also be used to disintegrate PoP waste from idols immersed in water bodies.

Indian economy continues to soar

...CONTINUED FROM PAGE 1

The authorities also shortlisted 100 cities that would receive disbursements to develop them into 'Smart Cities' with substantial infrastructure upgrades. Implementation of the Real Estate Regulation (and Development) Act (RERA) of 2016 has also helped to boost investments and bring much-needed transparency to the real-estate sector, while also providing assurances to consumers.

However, India's growth story is also riddled with potholes. Corruption continues to be endemic with the country lagging at 81st position in the Transparency International's Global Corruption Perception index in 2018. In addition, while the country's demographic dividend has been touted by various studies, it could just as easily turn into a demographic deficit. Also, while India has over 500 million people in the workforce, more than two-thirds of companies are struggling to find employable workers. This dearth in skill sets can be attributed to fact that only 2.3 percent of the labor-pool has received any formal skills training. This is a paltry figure, especially when considering that it is 52 percent in the US, 68 percent in the UK, and 75 percent in Germany.

Nevertheless, market analysts note that with growth in China slowing and various barriers to investments, and Europe stagnating, there are very few places in the world that provide the opportunities that India does.

India with its 1.3 billion people and a US\$2.6 trillion economy has come a long way since

becoming a sovereign republic with the coming into force of the Indian Constitution on 26 January, 1950. Since its promulgation, the Indian Constitution has been a bastion of strength and a beacon of hope to the billion plus citizens who call this land home.

The annual Republic Day celebrations are an apt occasion to reflect and retrospect on our accomplishments and shortcomings over the years, both as a nation and as its people. The economic prosperity that we achieved as a country, and the materialistic successes we gained as people, are not the only triumphs of the last 70 years. More importantly, the country and, the values and principles enshrined in its Constitution, have provided us with the foundation and framework needed to blossom and flourish to our full potential in all domains. It is these constitutional guarantees that impart greater depth and breadth to our growth and progress.

Highlighting our accomplishments in various domains provides us with a sense of pride, but it is also equally important that we examine in-depth where and how we can improve and do better in the years ahead. No doubt, the diversity of the country and its population, the multiplicity of races, religions, cultures and languages, make this land a gargantuan challenge to administer and navigate. However, the collective and positive acknowledging and addressing our limitations, as well as adhering to both the rights and responsibilities conferred on us by the Constitution, could determine how we move forward into the future.



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to enjoy nature than chase after animals. A place of stunning natural beauty, with misty mountains and silvery rivers, the higher reaches of the park (accessed by trekking) are home to the Himalayan brown bear, Himalayan tahr (wild goat), bharal (blue sheep) and other magnificent mountain animals. You can also spot birds like the Himalayan griffon vulture, the huge golden eagle and Himachal's state bird, the western tragopan.

Wildlife experiences across India

A country rich in wildlife, natural forests and sprawling parklands, India is a land ripe for exploration by tourists looking for adventure, unspoiled natural beauty and eco-friendly tourism.

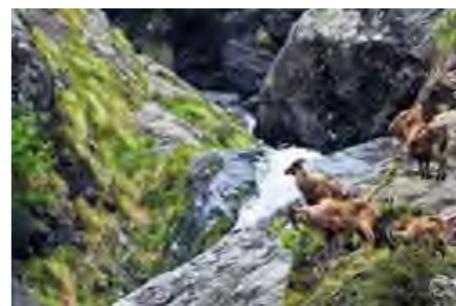
Bandhavgarh National Park, Madhya Pradesh: A relatively smaller park, it nevertheless has the highest density of tigers in the country, in addition to a vast biodiversity and topography. The 2,000-year-old Bandhavgarh Fort inside the park stands testimony to the times when this used to be hunting grounds for the Rewa maharajas, and makes for an unforgettable backdrop to jungle safaris. Today, this National Park is haven for animals and birds with over 250 species of birds, 37 species of mammals and 80 species of butterflies. The park also contains many rock paintings and man-made caves. Also not to miss are the White Tigers that reside in their natural habitat within this parkland.



Kaziranga National Park, Assam: The only habitat of the endangered one-horned rhino, Kaziranga draws wildlife addicts from across the world for a glimpse of this massive beast. A beautiful park with tall grasslands, Kaziranga safaris are mostly on elephants rather than jeep. Because of its unique biodiversity, it was declared a UNESCO World Heritage Site in 1985, and is also home to tigers, bears, panthers and elephants, along with hundreds of exotic birds.



Gir National Park, Gujarat: Your only chance to see the Asiatic lion in the wilderness, not just in India but anywhere in the world, Gir has a special place in India's wildlife experience. Home to the majestic but endangered beast, this is also your chance to spot elusive animals like the panther, jackals, hyenas and porcupines. Known locally as Sasan Gir, spotting one of the lions against the grasslands of Gir is a truly unforgettable moment.



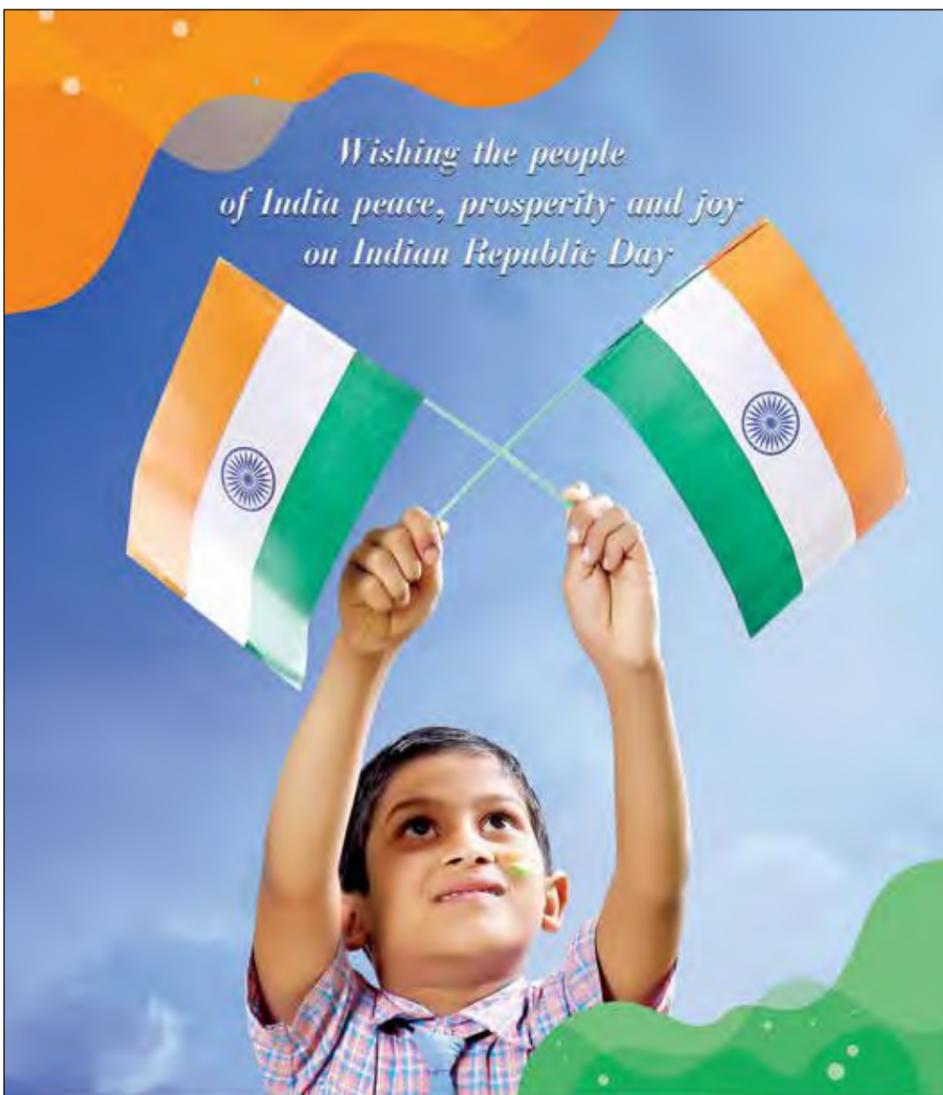
Jhalana Reserve Forest, Rajasthan: The surprise of the season is definitely India's newest wildlife destination: the recently opened Jhalana Reserve Forest. Over 20 leopards have adopted Jhalana as their home over the past decade, leading the government to declare it a protected reserve and then, in May 2017, open the park up for guided jeep safaris. Plenty of birds like the shikra and white-eyed buzzard, and lots of peacocks, add beauty to the lush forest.

Great Himalayan National Park, Himachal Pradesh: Declared a UNESCO World Heritage Site for its outstanding biodiversity in 2014, this beautiful national park is more a space



Jim Corbett National Park, Uttarakhand: The country's oldest national park, Corbett has always been a favorite weekend getaway from Delhi – and a popular destination for family holidays. Jim Corbett's forest is steeped in history and locals will tell you amusing tales about the legendary figure Carpet Sahib. The sightings of elephants, wild boar and tigers, are fascinating. Take a safari or sit on the forest's edge, inside your luxury retreat, having a fine meal and enjoying the therapeutic sounds of the jungle.

Manas National Park, Assam: The second national park in Assam that is also a UNESCO World Heritage Site, the Manas National Park is less frequented than the popular Kaziranga, which means it offers a more untouched wildlife experience. Its most famous resident is the pygmy



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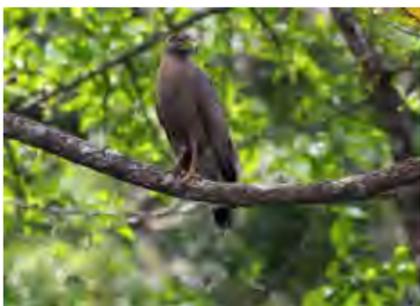
hog, apart from other strange and wonderful creatures like the Assam roofed turtle and the golden langur. There is also the chance to spot a tiger.



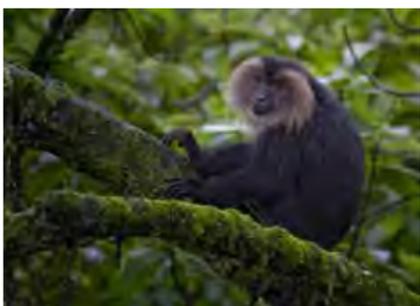
Panna National Park, Madhya Pradesh: When it comes to wildlife, Madhya Pradesh is blessed with some of the country's best parks boasting the highest chances of a tiger sighting. Another of its gems is the verdant Panna National Park, where you can spot the sloth bear, the sambar, nilgai and, if you are lucky, the tiger and the leopard. The surroundings make for a beautiful spot to enjoy a picnic breakfast and listen to the sounds of birds, such as the blossom-headed parakeet and changeable hawk-eagle.



Ranthambore National Park, Rajasthan: There is good reason why this is the most popular (and the most crowded) national park in the country: fantastic tiger sightings. Ranthambore is more than just an opportunity to spot wildlife – one of India's prettiest parks, it is dotted with historical monuments and hunting lodges of the maharajas of yore, adding charm to the landscape. Spot scores of strikingly beautiful birds such as cormorants, lapwings and eagles.



Salim Ali Bird Sanctuary, Goa: Not all wildlife experiences are about the big cats. In Goa, this small sanctuary for birds on the island Chorao on Mandovi River is named after India's premier ornithologist, Dr Salim Moizuddin Ali. Make your way into the mangroves at this little wonderland in canoe-like boats over a channel of canals that lead through a paradise for bird lovers. Egrets, kingfishers, cormorants and drongos abound, and look out for rarer species such as the black bittern and the pied avocet.



Silent Valley National Park, Kerala: Located in rainforest territory, Palakkad is as



lush and beautiful as they come. Recently named a UNESCO World Heritage Site (2012), it is part of the delicate Nilgiri Biosphere Reserve, revered for its biodiversity. Spot tigers, leopards and elephants, and watch out for snakes and reptiles, as there are well over 400 species here.



Tadoba Andhari Tiger Reserve, Maharashtra: A beautiful park that is still less known, Tadoba offers a chance to sight the dhole, or wild dog, which is often considered more difficult to spot than the tiger itself. There are also several elegant raptors, including the crested serpent eagle, grey-headed fishing eagle and the honey buzzard.



Vikramshila Gangetic Dolphin Sanctuary, Bihar: Lauded for its conservation efforts, the Vikramshila Sanctuary is in the Bhagalpur district of Bihar covers a 50km stretch of the Ganges. In 2009, the Gangetic dolphins were declared India's National Aquatic Animal, and this is a rare chance to spot them in large numbers.



Kabini Forest Reserve, Karnataka: The biggest attraction at Kabini right now is its resident melanistic leopard, or the black panther that is spotted frequently during wildlife safaris into Nagarhole National Park. On the park's periphery, Kabini Reserve is the ideal place to stay for the region's best hotels and a whole host of wildlife experiences – such as boat safaris on the Kabini River, coracle rides and bird-watching walks.



Sundarbans National Park, West Bengal: On the southern edge of West Bengal, facing the Bay of Bengal, is this unique part of the country: the world's largest river delta with mangroves and mudflats around a network of creeks and water channels. Declared a UNESCO World Heritage Site to protect its fragile ecosystem, the Sundarbans National Park is the largest reserve for the Royal Bengal tiger, apart from being ideal territory for spotting crocs, reptiles and a large variety of water fauna.



Periyar National Park, Kerala: For an experience that really differs from the wildlife parks of north and east India, head to the south, where the green is greener than any you have ever seen. Criss-crossed by the Periyar River, this evergreen forest is home to elephants and tigers, and creatures not seen in north India, such as the Malabar giant squirrel and Nilgiri langur. Locally called Thekaddy, this is a lovely hilly tract with nice trekking options – a wonderful way to see birds including the Nilgiri wood pigeon and laughing thrushes.





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